

Food Group	Highly Recommended	Acceptable	Not Recommended
Fruit	<ul style="list-style-type: none"> ◆ fresh fruit ◆ dried fruit with no added sugar ◆ canned fruit packed in own juices or in extra light syrup ◆ 50% diluted fruit juice ◆ natural apple sauce (no added sugar) 	<ul style="list-style-type: none"> ◆ canned fruit in light syrup ◆ apple sauce with added sugar ◆ 100% fruit juice (4 oz. Serving) 	<ul style="list-style-type: none"> ◆ fruit candies, such as fruit roll-ups, fruit leather, chewy fruit candies ◆ fruit drinks, such as Fruitopia and Capri Sun ◆ canned fruit in heavy syrup
Vegetable	<ul style="list-style-type: none"> ◆ fresh vegetables, such as baby carrots, sliced peppers, celery sticks, grape or cherry tomatoes, etc. ◆ tomato juice 	<ul style="list-style-type: none"> ◆ vegetables with low-fat dip 	<ul style="list-style-type: none"> ◆ deep fried vegetables, especially if breaded
Grains & Starches	<ul style="list-style-type: none"> ◆ whole grain, unsweetened cereals (Cheerios, Kix and Chex) ◆ low fat crackers (reduced fat triscuits), pretzels, baked chips ◆ rice cakes ◆ fat-free popcorn ◆ pasta 	<ul style="list-style-type: none"> ◆ Keebler baked Munch 'ems ◆ Cheez-it baked party mix ◆ reduced- fat Cheez- its ◆ teddy grahams ◆ animal crackers ◆ graham crackers ◆ triscuits ◆ Nabisco air crisps ◆ light popcorn ◆ pretzels 	<ul style="list-style-type: none"> ◆ baked goods (cookies, brownies, cakes) ◆ chips (potato chips, Doritos, Fritos, cheese doodles)
Milk & Yogurt	<ul style="list-style-type: none"> ◆ plain yogurt ◆ skim and 1% milk ◆ low-fat soy milk (Silk- plain or vanilla) 	<ul style="list-style-type: none"> ◆ Fruited yogurts are high in sugar, but do offer many nutrients. They should preferably be mixed with plain yogurt. ◆ Low-fat chocolate soy milk (Silk) 	<ul style="list-style-type: none"> ◆ yogurts with toppings ◆ 2% and whole milk ◆ chocolate and strawberry flavored 2% or whole milk
High Protein Foods	<ul style="list-style-type: none"> ◆ low fat cheese (Laughing cow cheese, light string cheese) ◆ rolled lean ham and turkey 	<ul style="list-style-type: none"> ◆ part skim string cheese ◆ low fat cottage cheese ◆ Laughing cow cheese ◆ Regular cheeses are high in fat, but do offer many nutrients 	<ul style="list-style-type: none"> ◆ cold cuts high in fat such as bologna, liverwurst, salami, hot dogs, etc.

Food label criteria for choosing foods in the highly recommended and acceptable groups:

Fruit: less than 15 grams of sugar per ½ cup serving, 0 grams of fat per serving

Vegetable: less than 5 grams of sugar per serving, less than 1 gram of fat per serving

Grain and starch: less than 7 grams of sugar per serving, less than 3 grams of fat per serving

Milk and yogurt: less than 15 grams of sugar per cup is recommended

High protein foods: less than 5 grams of fat

